

## NMA/AGSM/2022/BCS/012 - Knowledge, Attitudes, and Beliefs of HIV Transmission among People Living With HIV/AIDS (PLWHA) in Sokoto, Nigeria

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### Abstract

**Background:** Nigeria is the third-largest country in the world with the highest number of people living with HIV (PLHIV). Given that HIV/AIDS knowledge is a crucial component in determining the risk of transmission and specific attitudes toward PLHIV, it is necessary to analyze the progress and outcomes of HIV preventive efforts by determining the trend of HIV transmission awareness throughout the population. The study's goal was to determine trends in PLHIV knowledge, attitude, and belief about HIV/AIDS.

**Methodology:** This was a cross-sectional study in which HIV-positive people were asked to provide information on the nature of the infection, its dissemination, control, and effects. We also got information on their attitudes and beliefs. SPSS, version 22.0, was used to analyze the data. Ethical approval was obtained from the Specialist Ethical Committee, Sokoto (Ref. SHS/SUB/138/VOL1).

**Results:** Seventy people living with HIV were recruited for this study, 23 (32.9%) men and 47 (67.1%) women, with an average age of 37.7 years, took part in the study. Overall, 15.7 % had a strong understanding of HIV transmission, clinical consequences, complications, and controls, whereas 72.9 % had average knowledge and 11.4 % had poor knowledge. The bulk of them had adequate knowledge of transmission methods. 66 (94.3%) had an optimistic attitude toward life, whereas 4 (5.7%) had a negative attitude.

**Conclusion:** Most HIV-positive participants had a good understanding of the virus and a highly positive outlook on life. This might be a very important tool in boosting HIV infection prevention programs.

**Keywords:** Knowledge; Attitudes; and Beliefs; HIV/AIDS; PLWHA.

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